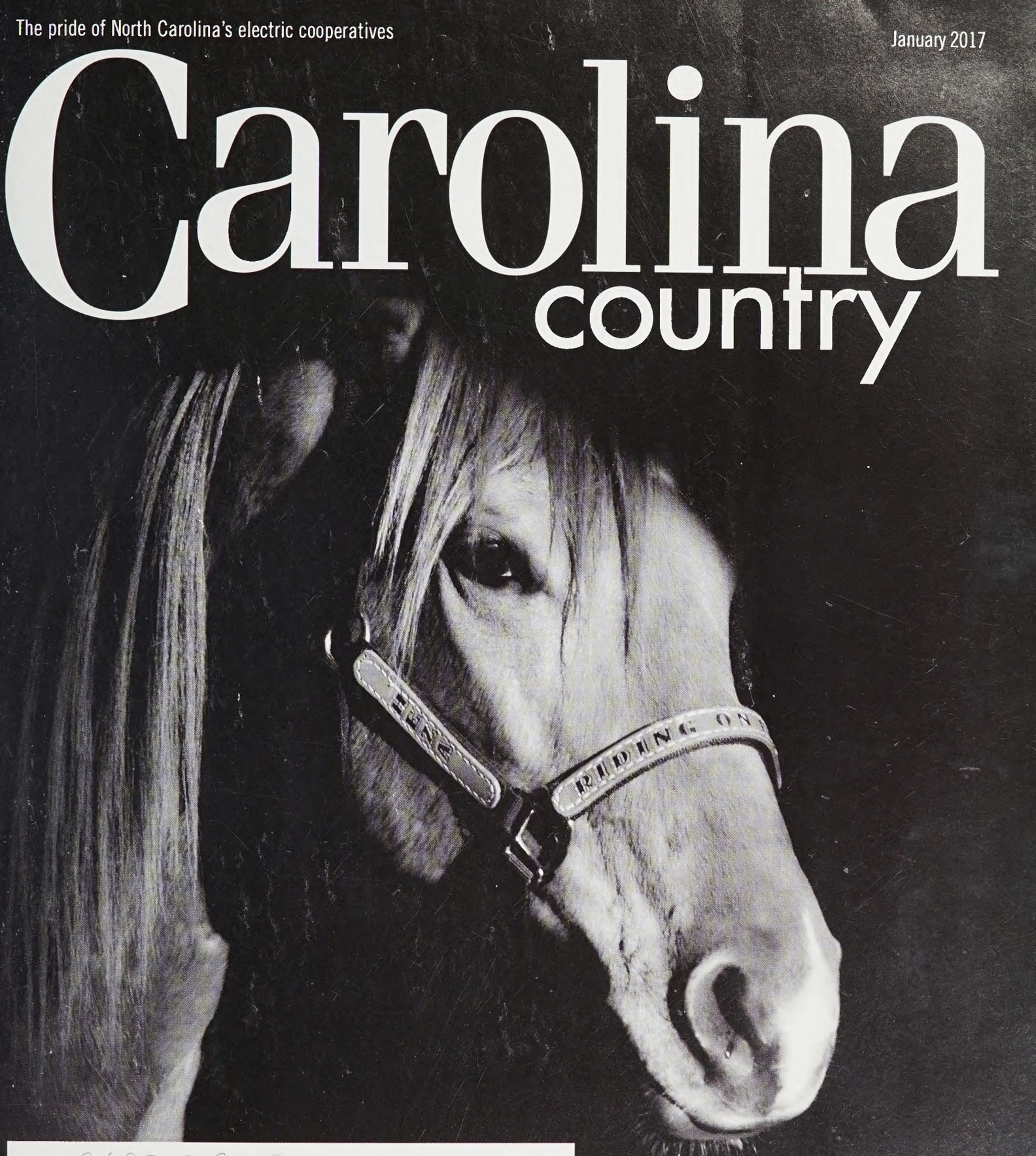
The pride of North Carolina's electric cooperatives

January 2017

Carolina country



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Energy Star School

A Farewell to Joyner

Where's a good place to eat? We want to know—page 5

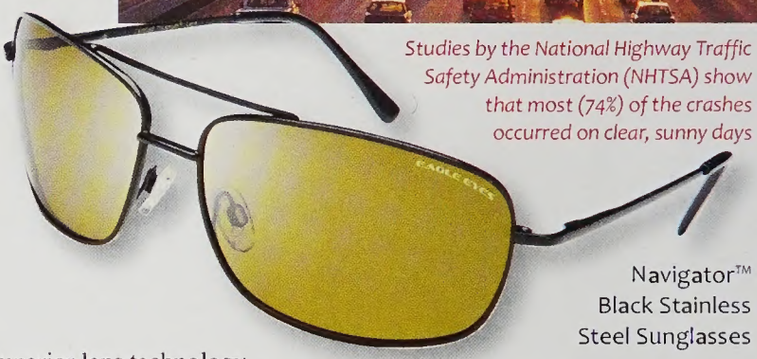
Urgent: Special Driving Notice

To some, sunglasses are a fashion accessory…

But When Driving, These Sunglasses May Save Your Life!

Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days

Drivers' Alert: Driving in fall and winter can expose you to the most dangerous glare… do you know how to protect yourself?



Navigator™ Black Stainless Steel Sunglasses

In the fall and winter, the sun is lower in the sky so it rises and sets at peak travel periods. During the early morning and afternoon rush hours many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle or snowy and icy pavement. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal. Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. These scientifically designed sunglasses are not just fashion accessories for the summer; they are necessary to protect your eyes from those harmful rays produced by the sun in the winter.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection. Eagle Eyes® features the most advanced eye protection technology ever created. The TriLenium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

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Your satisfaction is 100% guaranteed. If you are not astounded with the Eagle Eyes® technology, enjoying clearer, sharper and more glare-free vision, simply return one pair within 60 days for a full refund of the purchase price. The other pair is yours to keep. No one else has such confidence in their optic technology. Don't leave your eyes in the hands of fashion designers, entrust them to the best scientific minds on earth.

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January 2017
Volume 49, No. 1

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A gallery of your best photos, submitted through our 2017 photo contest

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And other things you remember

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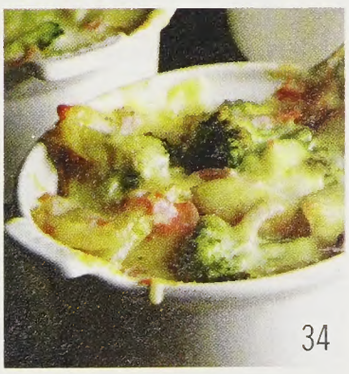
We wish the long-standing mastermind behind our puzzle page a happy retirement.



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ON THE COVER

"This is my friend Kristen's horse, Heza. He is such a gentle giant. So beautiful and majestic." Photographed by Shaina Jordan of Ash, a member of Brunswick EMC. Our gallery of your best photos starts on page 10.

Carolina country

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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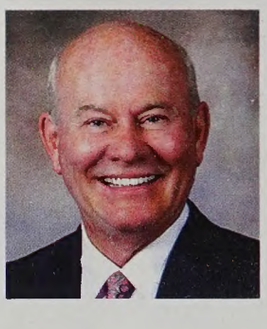
Using Less of What We Sell



By Doug Johnson

For many across North Carolina, cold winds, ice and the occasional snow will keep us holed up indoors in the coming months, which can lead us to use more energy. For that reason, you'll likely hear more from your electric co-op about ways to save on heating costs to keep bills under control.

But isn't it counter-intuitive for an electric utility to advise its consumers about how to use less of the product it sells? Our cell phone carriers aren't telling us how to use less data, after all, and I've never had anyone at the gas station give me tips on how to make my car more fuel efficient.

> Keeping costs low for you is a priority for electric co-ops and our boards of directors.

The difference is the co-op business model. As member-owned, not-for-profit utilities, North Carolina's electric cooperatives are focused on one thing: Our members. We don't answer to profit-driven investors, and we're not motivated to sell any more electricity than what you need. Keeping costs low for you is a priority for electric co-ops and our boards of directors.

Using less energy in your own home is a way to immediately reduce costs, and it also can help lower costs across the system. When we all use less energy, there's less demand on the system, which means less power that needs to be generated, and less distribution and transmission capacity needed to move it all.

And today's technology is helping us use energy in ever more smart and efficient ways. For one, new meter technology is making it possible for us to track electricity use in far more ways than a monthly total. With today's advanced meters, you can get access to daily—even hourly—use data. This makes it easier for you to adjust your use to match your own energy goals, and it can even help determine the culprit behind high energy bills.

For those who want to take it a step further, energy audits of your home (whether self-administered or done by a professional) can identify everything from minor to major improvements that can help save energy. And new energy-efficient technologies for homeowners like smart thermostats, Energy Star® appliances and LED lighting are becoming more affordable, creating even more opportunities to reduce electric bills.

Electric co-ops across the state are leveraging all of this technology to empower members to use energy on their own terms. At Blue Ridge Energy, for example, we're pulling all of these resources together in our online Energy Advisor tool, which analyzes past bills and a home profile to recommend a savings plan. Depending on how involved the member wants to be, it can recommend one energy efficiency quick fix—such as installing LED bulbs in the most used lamps—or larger DIY projects for the "weekend warriors" among us.

The bottom line is we're all in business to ensure you have access to safe, reliable and affordable electricity—not to sell you more of it. So if you are looking for ways to reduce bills this winter, please give your electric co-op a call. They have the tools, the know-how and the desire to help you reach your goals.

Doug Johnson is CEO at Blue Ridge Energy in Lenoir, a Touchstone Energy affiliate that serves some 74,000 members in northwest North Carolina. Its propane and fuels subsidiary, Blue Ridge Energy, LLC, serves customers in northwest North Carolina as well as parts of southern Virginia.

A Hot Topic

With no Sunday newspaper comics to read this morning, I was re-reading the November issue of Carolina Country. I don't believe you really answered Mr. Dowless' question ("The Sneaky Cousins of 'Energy Vampires," November 2016, page 9). "Where does the power go?"

HEAT. Any resistance between an electric potential and its negative or ground source, as most common energy uses to us, generates heat. So if an A/C charger is plugged in without any device, it's warm generating heat. That's wasted energy.

W.M. Lewis, Murphy, a member of Blue Ridge Mountain EMC

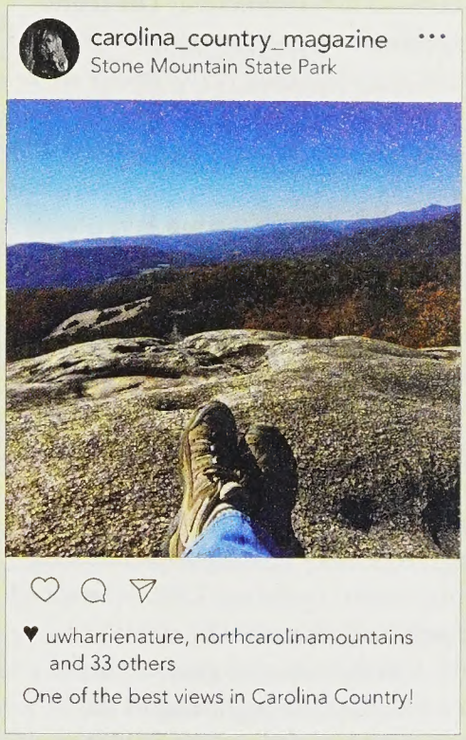
Festive Wagon

The Everybody's Day Parade photo ("I Remember," November 2016, page 20) brings memories from when my grandfather and family decorated the wagon pulled by four horses, then all family members that played a musical instrument would get on board and go to the Kernersville Fourth of July parade. A wonderful experience.

Ronnie Sisk, Kernersville, submitted on carolinacountry.com

The Outdoors on Instagram

This fall, we shared views from North Carolina's great outdoors with our followers on Instagram, and they loved it! You can follow us to see more photos from around the state at instagram.com/carolina_country_magazine.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Locals Know Best:

Send us your favorite lunch and breakfast spots!

For our April 2017 "Carolina Country Adventures" travel guide, we'll be highlighting the best dining spots across the state for road-weary travelers and locals alike. But locals know best, so we want to hear from you! Send us the name of your favorite spot and why you love it, along with your go-to menu item and the restaurant's contact information.

The Rules

Deadline: February 15

One entry per household

Limit comments about the restaurant to 100 words.

Photos are welcome. Digital photos should be a minimum of 1200 x 1800 pixels, prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

If you want your entry returned, please include a self-addressed, stamped envelope.

We pay $25 for each submission published. We retain reprint rights.

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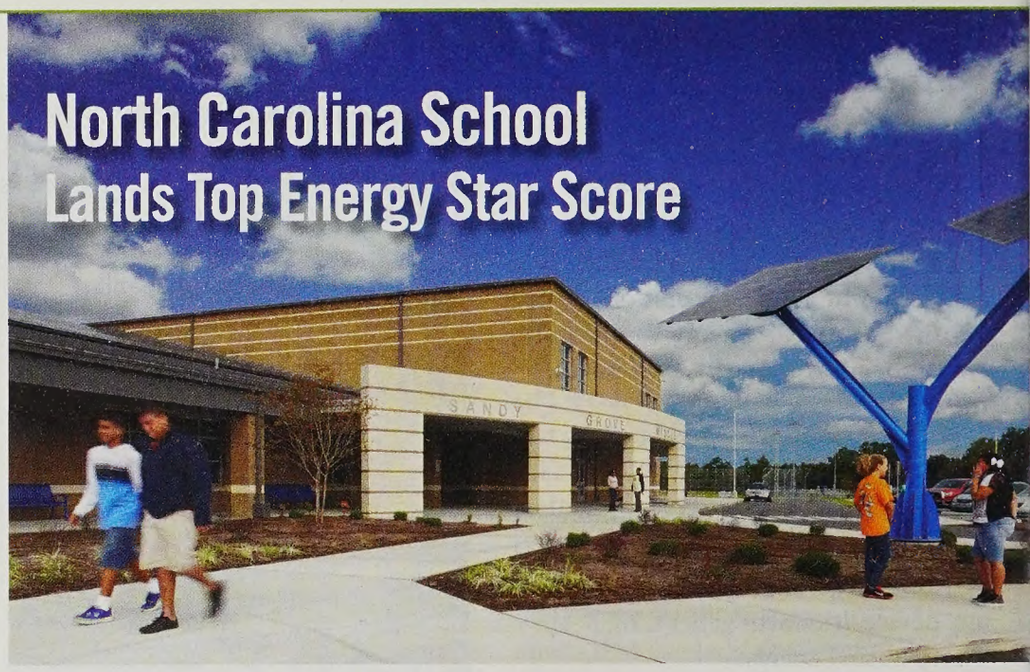
North Carolina School Lands Top Energy Star Score

A Hoke County middle school served by Lumbee River EMC (LREMC) recently received a perfect score of 100 from Energy Star®—a rare distinction. The score, expressed as a number on a 1–100 scale, rates building performance on a percentile basis: buildings with a score of 50 perform better than 50 percent of their peers; buildings earning a score of 75 or higher are in the top quartile of energy performance.

Sandy Grove Middle School had previously been recognized as the nation's first energy-positive, LEED Platinum registered leased public school when it opened in 2013. Its design includes a large photovoltaic solar array, geothermal heating and cooling systems, high efficiency lighting and additional spray foam insulation. LREMC worked closely with the school's architect, SFLA Architects, and general contractor since the beginning of the construction phase of the school to ensure the interconnect between the school and the co-op's distribution network was safe.

"Any time there is a generator that is being permanently connected to our distribution system, it is important that it be done in such a way that it can be safely operated not only by the school system, but our employees, too," LREMC president and CEO Steven Hunt said at the time of the school's opening.



School photos by Mathew Carbone Photography & SfL+a Architects

Because of the large number of solar photovoltaic panels, the school generates more energy than it consumes and will save Hoke County Schools nearly $35 million over the next 40 years—$16 million in energy costs alone. LREMC also provided an incentive for the energy efficiency measures implemented in the school.

"I believe it is fair to say that Sandy Grove Middle School is the most advanced facility that we serve in terms of energy efficiency," Hunt said. "We are very fortunate to have such a wonderful facility located in our service territory."

Josh Knight, an engineering technician with Union Power Cooperative, was among the participants.

Co-ops Team Up for Plant Maintenance

Participants from three North Carolina electric distribution cooperatives joined a North Carolina Electric Membership Corporation (NCEMC) crew in November to perform maintenance at NCEMC's Anson and Hamlet power plants. Pee Dee Electric, Randolph EMC and Union Power Cooperative sent crews and equipment to assist with maintenance initially postponed due to hurricane relief efforts in October.

"The overall purpose of the effort was to complete normally scheduled preventive maintenance and to keep the plant in the shortest outage as possible. We met every goal," said Chris Kehrer, senior field service technician for North Carolina's Electric Cooperatives.

Tasks were divided between three groups, and included visual transmission line inspections, surge arrestor and transformer tests, and breaker maintenance.

"All crews worked exceptionally well," Kehrer said. "They were very professional and worked well together. This is what makes working for the electric cooperatives of North Carolina such a pleasure."

Butterfly Highway

Takes Root at Power Plant

A transmission right-of-way near North Carolina Electric Membership Corporation's (NCEMC) Hamlet power plant will become a part of the state's "Butterfly Highway" next spring. Last fall the generation and transmission cooperative prepared a one-acre plot with pollinator-friendly plants native to the state. The project delivers a vegetation management solution that meets both its reliability compliance and environmental stewardship goals.

"The Butterfly Highway is an initiative of the NC Wildlife Federation to support natural pollinators like bees, birds and butterflies," said Richard McCall, NCEMC director of environmental and transmission compliance. "We found that devoting a portion of right-of-way to the initiative will support the conservation program while also assisting in vegetation management. The low-growing ground cover will help reduce erosion and requires less frequent mowing."

The Butterfly Highway program was previously featured in Carolina Country ("Roadmap to the Butterfly Highway," November 2016, page 12). More information is also available online from the NC Wildlife Federation at butterflyhighway.org.

A seeded acre underneath transmission lines will soon become a valuable pit-stop for pollinators.

Workshop Enlightens New Co-op Employees

The Cooperative Council of North Carolina held its Cooperative Dynamics Workshop on Nov. 30 in Raleigh, at the statewide offices of North Carolina's Electric Cooperatives.

The goal was to help co-op employees, members and directors increase their understanding of co-op principles and issues, as well as the challenges facing co-ops in today's competitive market economy.

Attendees represented electric co-ops, telecommunications co-ops, credit unions, and food and retail co-ops. The workshop was led by Bob Cohen, CEO of the Braintree Business Development Center, a nonprofit business incubator and entrepreneurship program based in Ohio.

"This was our 15th year with this facilitator. We had a lot of fun interaction, and a lot of co-ops were represented," said Emily Nail, director of the Cooperative Council of North Carolina. "The biggest thing we hope to achieve with this workshop is connecting, promoting and educating newer co-op employees, and having them understand that whatever industry they're in, they're part of a larger movement of cooperatives. We're hoping to foster an understanding how those co-ops function in the sense of governance, leadership and member-owner participation—really the principles of how co-ops work."

Michael Youth, Associate General Counsel with North Carolina's Electric Cooperatives, was one of those newer co-op employees in attendance. Youth began working for co-ops in September, with a background in both tax and energy law.

"Since starting work with electric co-ops, I've studied the cooperative principles and read 'The Next Greatest Thing' [a history of rural electrification], but I hadn't thought about non-electric cooperatives out there—there are co-ops all around us, we may just not know it," Youth said. "I was also impressed by the energy in the room. It's clear that co-ops are attracting fresh faces, and that a new generation of co-op employees is stepping in."

There are roughly 29,000 co-op businesses in the United States, serving 100 million people. Each attendee received a gift bag filled with examples of national co-op branded products, including Cabot Creamery (cheese), Blue Diamond (almonds), Equal Exchange (chocolate), Riceland (rice), Welch's and Sunkist.

"These are brands we see on a daily basis, but we may not connect them with cooperatives," Nail pointed out.

More information on the Cooperative Council of North Carolina is available at ccnc.coop.

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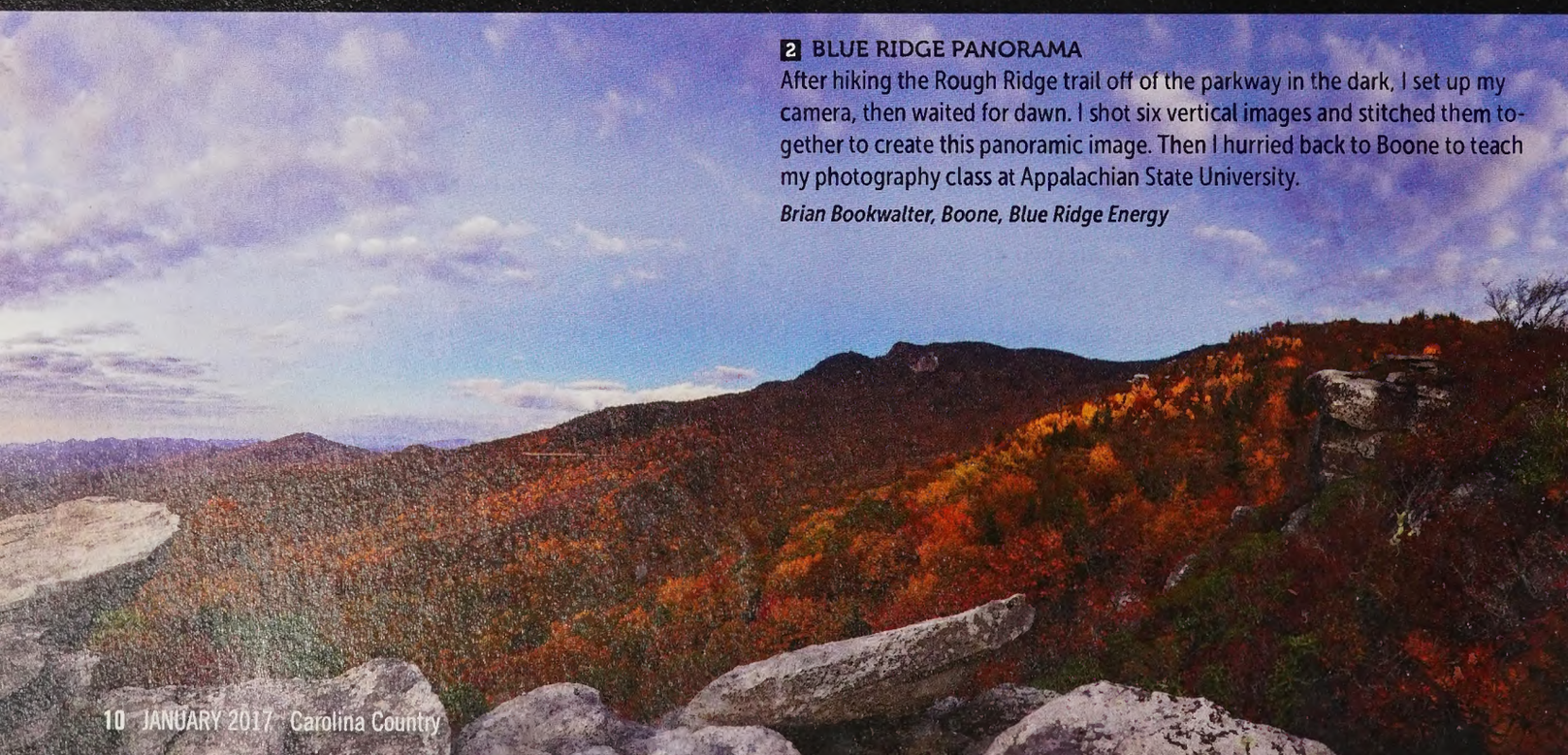
carolina country scenes

a gallery of your best photos

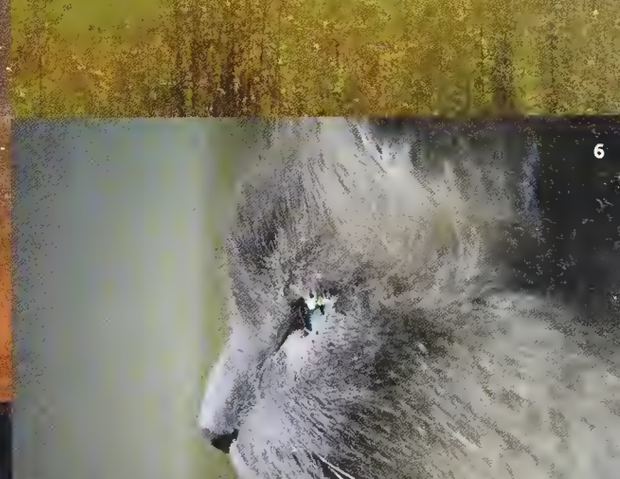
Thanks to everyone who submitted pictures to our annual photo contest (Nov. 15 deadline). Your submissions are a testament to the beauty that can be found in even the most unexpected corners of our state. The judges chose from among 400 photos of people and places throughout North Carolina. In addition to the amazing images you'll find in the coming pages, we'll run more throughout 2017 in our "Photo of the Month" section. Even more contest entries will be featured as the "Photo of the Week" on our website (**carolinacountry.com**). Want more? Our Facebook page also routinely showcases reader photos, including those you can post yourself.

—The editors

1 MILKY WAY SCAN FOR 'ALIEN SPACE CRAFTS' IN THE BLUE RIDGE
The person holding that flashlight is actually me. I set up my camera on a tripod at one of the outlooks on the Blue Ridge Parkway and stood still for 20 seconds for this shot.
Sameer Potdar, Morrisville



2 BLUE RIDGE PANORAMA
After hiking the Rough Ridge trail off of the parkway in the dark, I set up my camera, then waited for dawn. I shot six vertical images and stitched them together to create this panoramic image. Then I hurried back to Boone to teach my photography class at Appalachian State University.
Brian Bookwalter, Boone, Blue Ridge Energy



3 BEAUTY OUTSIDE AND WITHIN
On a snowy winter's day trip to Max Patch bald in Haywood County, we came upon this beautiful "Carolina Blue" sky. The rime frost glistened like "diamonds" in the trees.
Linda R. Ferguson, Clyde, Haywood EMC

4 BEE-UTIFUL CREPE MYRTLE
Getting a honey bee into the frame was easy. Standing still while the bees buzzed around me—not so much.
Steve Barnes, Jackson, Roanoke Electric

5 MORNING IN HAPPY VALLEY
David Pucci, Lenoir, Blue Ridge Energy

6 BELLA
Orphaned as a kitten, Bella is sweet, smart, lovely, caring, and playful. She is a lucky cat and the best cat that I have ever had!
Tiffany Kupner, Glade Valley, Blue Ridge Energy

1 MOM'S HARD WORK

Shane (5) and Keira (3) enjoy a freshly raked leaf pile, courtesy of mom's hard work.

Marilin Dunsmore, Raeford, Lumbee River EMC

BEAUTY OUTSIDE AND WITHIN

2 This April evening outside Saint Margaret's Episcopal church in Waxhaw brought the beauty of the changing sky, along with the unspoken word of sharing what we learn on the inside of church with those outside of its walls.

Saint Margaret's Episcopal Church Parish Administrator, Waxhaw, Union Power

3 OK TO GET A LITTLE DIRTY

Our grandson, Caleb, loves playing in the puddles after a rain shower. It's great to let him experience these things and get a little dirty.

Robin McCollum, Wadesboro, Pee Dee Electric

4 PEACEFUL PADDLEBOARDING

My son Braden went paddleboarding on the Albemarle Sound in October.

Denise Holmes, Moyock, Albemarle EMC

5 FISHING ON JORDAN LAKE
I took this boy fishing for his senior pictures on a cold Sunday morning in November at Jordan Lake.
Janet Jackson, Sanford, Central EMC

6 LOCKING EYES WITH ELK
I was driving through the mountains one day in Cataloochee, stopped to admire the scenery, and saw this massive elk looking back at me. It was surreal and thrilling.
Jennifer Allen, Waynesville, Haywood EMC

1 KAYAKING PASTURE CREEK
When I kayak/birdwatch I am in the water before sunrise to welcome the day. No sunrise has ever disappointed; this was the quiet before Hermine's weather.
Christine Stoughton-Root, Merritt, Tideland EMC

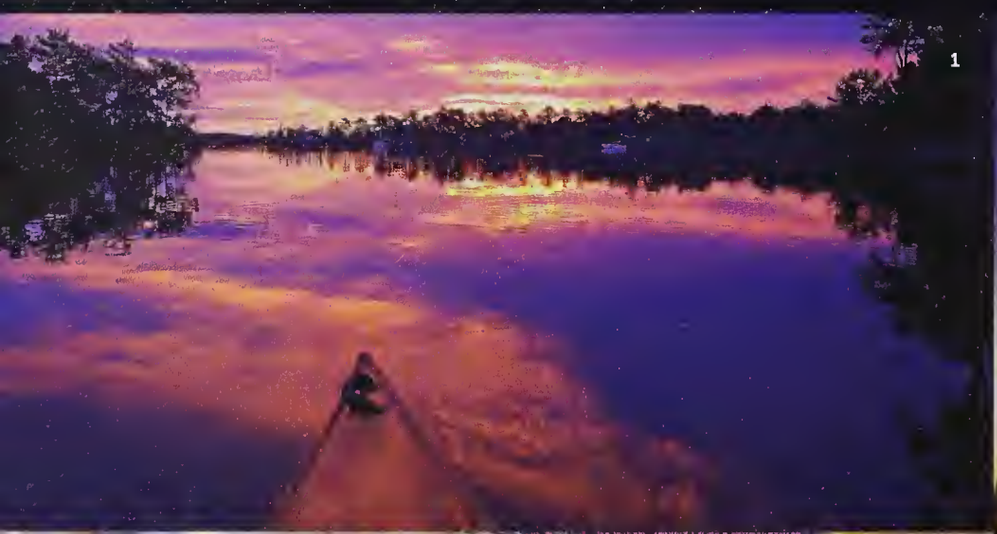
SUGAR SCARFS SWEET POTATOES
2 A young doe started making visits to my grandmother's house. One early morning, "Sugar" arrived for her favorite breakfast—sweet potatoes!
Zannah (Jason) Tyndall, Clinton, South River EMC

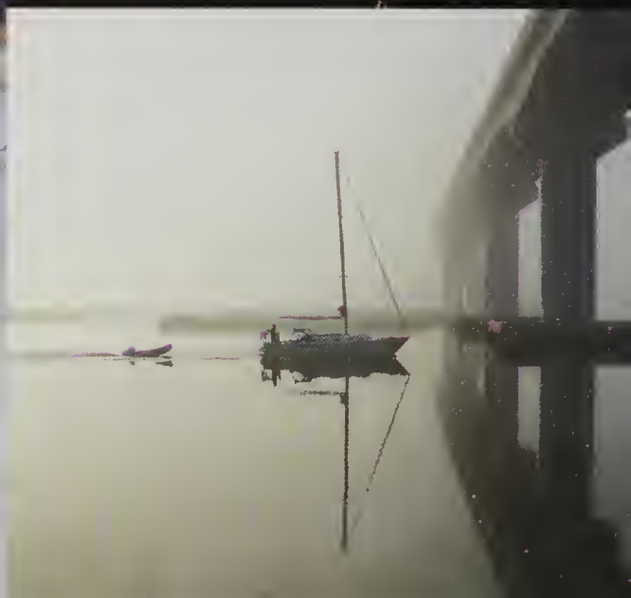
MISTY MORNING STARLIGHT
3 I started my day with the morning fog and the nearby light pollution from a small town. The sun began to rise and the night's sky ended.
Glenn Poplin, Maxton, Lumbee River EMC

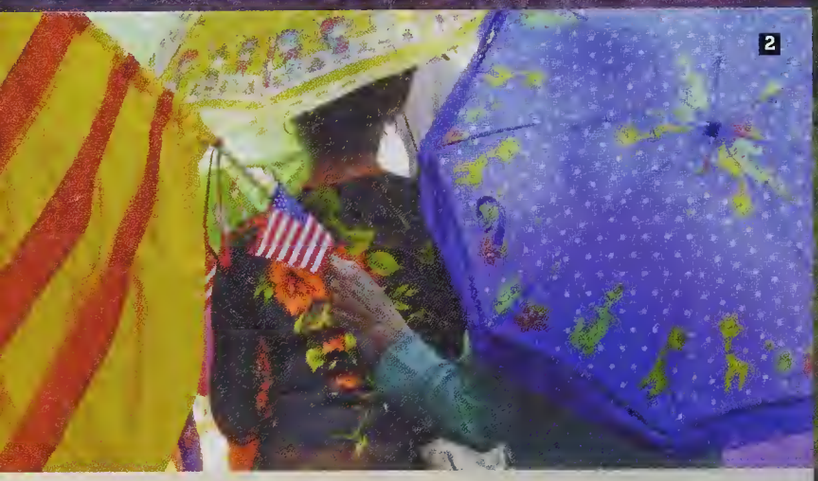
4 FLASHY FAIR FUN
Rides at the Lenoir Fairgrounds.
Margaret Pritchard, Hudson, Blue Ridge Energy

5 SILENT SAILBOAT
Sailboat under the Sunset Beach bridge on a foggy morning in November at the Intracoastal Waterway.
Jim Wilson, Monroe, Brunswick EMC

6 FISH NET REPAIRS
At sunrise (the golden hour) in Lockwood Folly, Brunswick County. This gentleman was repairing a net on a shrimp boat with the largest needle I have ever seen.
Robin Tice-Haines, Jamestown, Brunswick EMC







1 FLIRTY EQUINE FRIEND
I drive past this horse every day going to and from work. Seems like there's some flirting going on.
Bryce Hoover, Indian Trail, Union Power

2 FOLK FESTIVAL FLAIR
Taken at the International Folk Festival in Fayetteville.
Alice S. Lewis, Autryville, South River EMC

3 BARN BEAUTY
On Hwy 45 north of Edenton, I pass this beautiful barn each morning. The light constantly changes, but on this day it was exceptional.
Tom Brennan, Edenton, Albemarle EMC

4 PICTURESQUE PASTURE
A popular hiking trail, ablaze with fall color, parallels a picturesque pasture opposite Flat Top Manor at Milepost 294 on the Blue Ridge Parkway.
Patricia Joynes, Boone, Blue Ridge Energy

5 CHILDHOOD NOSTALGIA
My grandson Jackson swings on a rope on the Uwharrie River in Montgomery County.
Ella Thompson, Troy, Randolph EMC

6 GO CARSON GO
Our grandson Carson enjoys his GiGi's 1957 Farmall tractor while checking out the farm.
Janice Dyson, Sanford, Central EMC

Stand-Out Sides

Easy dishes offer warmth on cool nights

This time of year calls for delicious comfort food that warms you and your family on chilly nights. Main dishes usually steal the spotlight, but they don't have to. This year, turn the tables and make some of your sides the stars of the dinner show.

Whipping cream and milk are kitchen staples that create rich-tasting dishes, including these two sides. Whether you are using heavy whipping cream to create velvety soups, or half & half or milk in your coffee, they're versatile ingredients to have on hand. For more recipes, visit dairypure.com.

Creamy Garlic Mashed Potatoes

Prep time: 10 minutes
Cook time: 30 minutes

- 3 lbs Yukon gold potatoes, peeled, cut into large chunks
- 1½ cups heavy whipping cream or half & half
- 4 large garlic cloves
- 3 tablespoons butter
- 1 large leek, chopped
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

In a 4-quart saucepan over high heat, heat salted water and potatoes to boiling. Reduce heat to low; simmer uncovered 20 minutes until potatoes are tender. Drain well.

In a small saucepan over high heat, heat the heavy whipping cream and garlic cloves to boiling. Simmer uncovered 15 minutes, until garlic is just soft.

In a small skillet over medium heat, melt butter; add leek. Cook 5–8 minutes, until leek is tender, stirring occasionally.

In a large bowl, mash the potatoes with the garlic-cream mixture, leek, salt and pepper until well-blended and smooth.

Yield: 6 servings

Creamy Corn Chowder

Prep time: 5 minutes
Cook time: 20 minutes

- 4 slices bacon, diced
- 3 stalks celery, finely chopped
- 2 small potatoes, peeled and diced
- 1 medium onion, finely chopped
- 1 green bell pepper, finely chopped
- 2 tablespoons all-purpose flour
- 2 tablespoons paprika
- 1 can (14½ ounces) chicken broth
- 1 teaspoon salt
- 1½ cups half & half or heavy whipping cream
- 1 can (15¼ ounces) corn, drained

In a 4-quart saucepan over medium heat, cook the bacon until just crisp, stirring occasionally. With a slotted spoon, remove it and place on paper towels to drain. Reserve bacon.

Leave 2 tablespoons bacon drippings in the saucepan. Add the celery, potatoes, onion and pepper, and cook on medium heat, then switch to low when mixture begins to simmer. Cook until vegetables are just tender, about 5 minutes, stirring occasionally. Stir in flour and paprika; cook 1 minute.

Gradually stir in the chicken broth and salt until mixture is smooth and thickened.

Stir in the corn and either the half & half or heavy whipping cream. Over high heat, heat to boiling. Reduce heat to low; simmer uncovered 5–10 minutes, until the mixture is heated through.

To serve, sprinkle each serving with reserved bacon.

Yield: 6 servings

—FamilyFeatures.com

Comfy Dorm Décor

Get the most out of your space with smart purchases

Being comfortable in your dorm room is important for health, happiness and academic success. Luckily, students can transform their space from ho-hum to something more fun and functional with some well-chosen items.

Create your space

Students can showcase their individual style by adding an area rug, decorative pillows and a plush throw blanket for extra warmth. Window panels, wall tapestries and artwork pull the room together.

Add string-lights for atmosphere, or try an attractive floor light for extra light for studying. Ample seating is always good for when friends pop in. Consider chairs that fold when not in use to save space.

Standard-issue dorm mattresses can be uncomfortable. Build a better bed with a mattress pad, memory foam topper or fiberbed. You can guard against allergens and spills with a mattress protector. Make laundry day easier by investing in an extra set of sheets.

Most dorm rooms are smaller than desired. Strategically placed mirrors help make a space look larger. To maximize storage, use organizational systems under the bed, over the door and in the closet. Think "outside the box" when it comes to storage. For instance, an over-the-door shoe organizer can store rolled up T-shirts, cosmetics, toiletries and school supplies. Take advantage of vertical closet space to make more room with double-hang closet rods and clip hangers that hang multiple items vertically.

Power up

Staying charged is crucial these days. There are multi-functional bed risers that feature an AC outlet and USB charger. These risers maximize under-bed space for storing items while providing a grounded charging station. Also, some floor lamps include their own charging station for electrical devices.

Be sure to protect your electrical devices from voltage spikes with a surge protector. Look for ones that combine regular outlets, transformer-plug outlets and USB ports.

Speaking of staying charged, it's no secret some students rely on coffee to get them through exams. Those students can consider an automatic coffee maker or single-serve coffee maker for their room.

Free resources

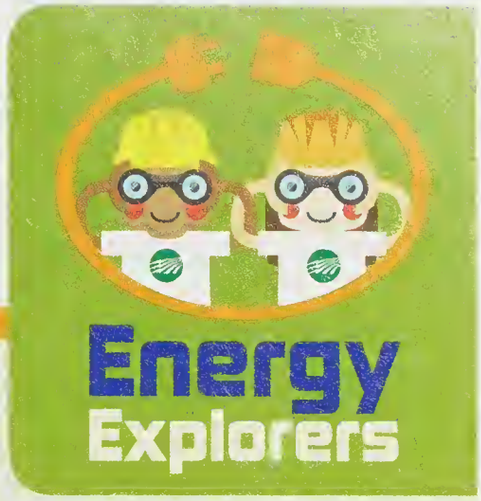
Some retailers provide resources to help college students choose items they'll need. For example, Bed Bath & Beyond provides tailored lists of what students can and can't have in the dorm. Tips, ideas, a virtual catalog, and a student life checklist are available all year long at bedbathandbeyond.com/shopforcollege.

Students can visit its brick-and-mortar stores or shop online and select a ship date at checkout. Its "Pack & Hold" service lets students shop for items at a store near home for convenient pick-up at a location closer to campus. This is especially beneficial for students traveling far to school.

—StatePoint

This bedside storage unit doubles as a tabletop.

2017 Energy Efficiency Calendar



Start the new year off by being more energy efficient!
Each month, try changing your energy use habits by using the tips below. Keep this calendar on your refrigerator to remind family members to be energy efficient throughout the year.

JANUARY
Turn off lights when you leave a room.

FEBRUARY
Remind family members to use cold water when washing clothes.

MARCH
Turn off water while brushing your teeth.

APRIL
Ask an adult to help you plant a tree to help shade your home in the summer.

MAY
Clean or replace your air filter. You may need to ask an adult to help.

JUNE
Keep the thermostat at 78 degrees Fahrenheit during summer months.

JULY
Close curtains and blinds during the day to block the sun.

AUGUST
Keep all doors and windows closed while the AC is running.

SEPTEMBER
Dry clothes outdoors on a clothesline instead of using the dryer.

OCTOBER
Only open the refrigerator door for short amounts of time when necessary.

NOVEMBER
Take short showers instead of a bath.

DECEMBER
Decorate your home for the holidays with energy-saving LED bulbs.

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Stay Secure on Facebook

Three simple ways to help protect your account

Your Facebook profile is a representation of you on the Web. It's where you connect with family and friends, learn about events, and find reviews for restaurants and products. Your profile is valuable information, and you want to make sure the information you display remains as safe and secure as possible.

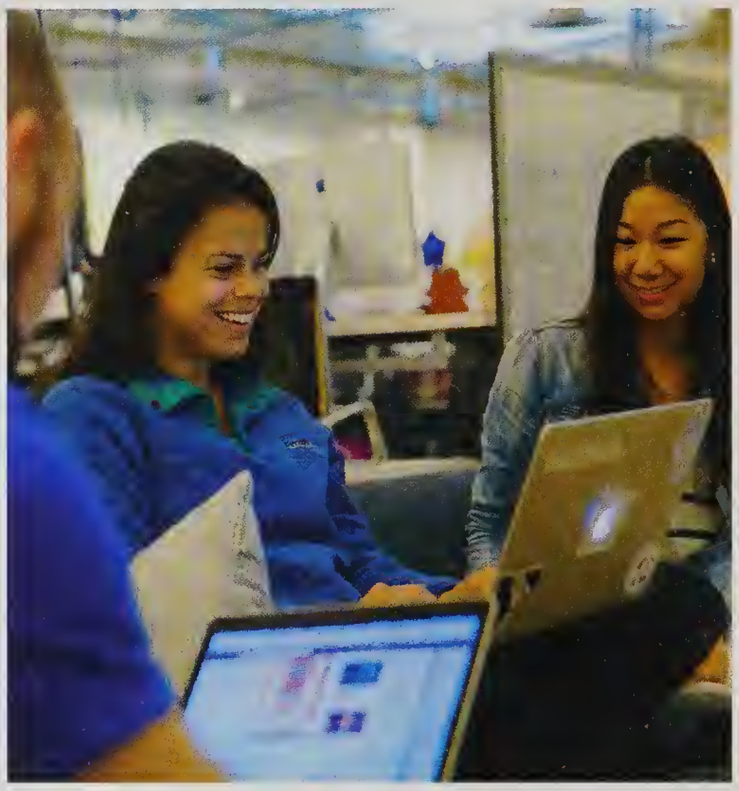
Facebook works to protect people's accounts, but there are also things you can do to take more control of your security. Here are three easy options:

1. Do a security checkup.

Security Checkup is the quickest and easiest way to add extra layers of protection to your Facebook account. With three steps you can:

- **Control where you're logged in.** This makes it easy to log out of devices you haven't used in a while or may have forgotten about, meaning you'll only be logged into Facebook on devices and browsers you approve.
- **Turn on Login Alerts.** When this feature is activated, you'll receive a notification or email alert whenever someone tries to log into your account from a new device or browser.
- **Review your password security.** Only use strong and unique passwords. You should never use your Facebook password anywhere else online and never share it with anyone.

You can start your Security Checkup by searching for "security checkup" in the Facebook Help Center, or by typing facebook.com/securitycheckup into your browser.



With a few simple clicks, you can more safely connect and share on Facebook.

2. Turn on login approvals.

If you're only going to make one change to improve your account's security, this is it. Otherwise known as two-factor authentication (2FA), login approvals provide an extra security step whenever you log in from a new device. You will get a special code on your phone that you use along with your password to complete the login process.

To turn on login approvals, go to "Settings" in the Facebook app on your phone or in your browser. Once you've done this, select "Security" and check the box next to "Login Approvals." If you don't have login approvals turned on already, you should do it as soon as possible.

3. Use your Facebook login with third-party apps.

Your Facebook login allows you to quickly log into many third-party apps using your Facebook account. By using your Facebook account, you don't need to entrust your login to every app you sign into. They never get to see your Facebook password. An added bonus: using Facebook Login means you don't need to create and remember lots of new passwords.

To sign into an app with Facebook, click on the Facebook button on the app's sign-in page. You can also control information you share with these apps by clicking "Edit the Info You Provide" option they typically provide.

In addition to these steps, you can visit the Facebook Safety Center at facebook.com/safety. It provides additional tips, tools and resources for safe sharing.

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Clogged, Backed—up Septic System...Can anything Restore It?

Dear Darryl

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

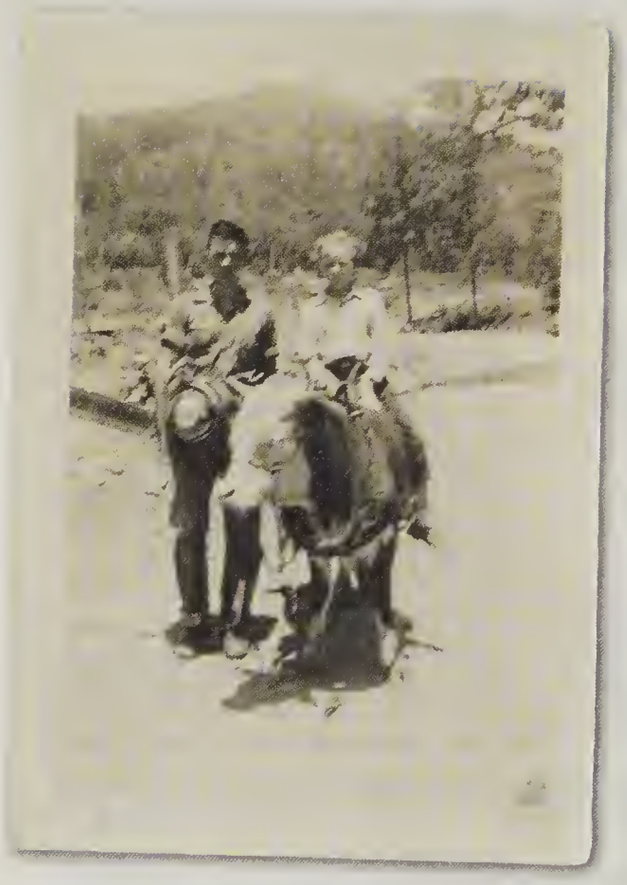
Clogged and Smelly – Chapel Hill, NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at **www.septicleanse.com** or you can order or learn more by calling **toll free at 1-888-899-8345.** If you use the promo code **"DARNC13"**, you can get a free shock treatment, added to your order, which normally costs $169. So, make sure you use that code when you call or buy online.

I Remember



Bovine Joy Ride

I grew up on a big farm in the Blackberry Community with my parents and nine kids, of whom six are still living. We had to work hard to make a living, but we also had a lot of fun, especially when my brothers would make wooden tricycles, sleds and stilts.

Dad broke this ole steer (pictured) to work the farm. My brother Wayne (who is deceased now) took my sister Cathy joy-riding on the steer one day.

We grew all of our food back then. We also had plenty of fresh pork and beef. Dad and my brother built two large chicken houses and we grew 12,000 chickens for market and still had plenty to eat.

Life wasn't so bad back then. On the weekends we would all load up and go far and near to good ole gospel singing and revivals, always enjoyed that.

Those were definitely the Good Ole Days.

Edith Story Arnette, Lenoir
A member of Blue Ridge Energy

Christmas in May

One morning in May many years ago, my sister Evelyn and I awoke to find two used (or in today's language, "pre-owned") bicycles, standing at bicycle attention near the front porch of our small house. One was a girl's bicycle, the other a boy's. Daddy had gone to see his grandmother and aunt that live approximately 25 miles from us. Aunt Dicie worked for a family whose children had outgrown the bikes. Daddy was interested, so Aunt Dicie took him to meet the family and to see the bikes. Knowing my Dad as I did, he either negotiated the price, or he thought it was a deal he could not pass up. He bought the bicycles.

Daddy's arrival at home was after dark, so we had no chance of seeing the bicycles before the next morning. We really did go to bed with the chickens. I still remember the screams of joy, the jumping up and down; our excitement could not be contained. We learned to ride with our mother's help. Then we rode everywhere we could, when time permitted, with the freedom of innocence and appreciation. We took full responsibility for the care of the bicycles; we cleaned them and always kept them out of the elements. We were so proud of those bicycles. We rode them for years before they were passed down to younger siblings.

The bicycles rivaled any Christmas present we ever received during our young and adolescent years, proving the Christmas spirit can come anytime throughout the year when gifts, tangible or intangible, are given with love from the heart.

Katie Robinson, Fayetteville

SEND US YOUR *Memories*

Guidelines:

- We'll pay $50 for those we publish.
- Approximately 200 words.
- Digital photos must be at least 600kb or 1200 by 800 pixels.
- Only one entry per household per month.
- Send a self-addressed, stamped envelope if you want yours returned.
- We retain reprint rights.
- Include your name, mailing address and the name of your electric cooperative. Also, your phone number or email address in case of questions.
- **Online:** carolinacountry.com/contact
  Email ("Memories" in subject line.): iremember@carolinacountry.com
  Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

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		S&H	~~$4.95~~ FREE
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Exp Date _____ (m m y y) Signature _____

January Events

Chinese Lantern Festival
Through Jan. 15, Cary

Mountains

Polar Plunge
Costumed participants
Jan. 1, Lake Lure
828-625-2725
hickorynutchamber.org

Winterfest Beer Festival
Live music, local brews
Jan. 7, Beech Mountain
828-387-2011
beechmountainresort.com

Balsam Range
Bluegrass show series
Jan. 13, Spindale
828-286-9990
foundationshows.org

Flute Recital
Community college concert series
Jan. 24, Flat Rock
828-694-1742
blueridge.edu

Winterfest
Dog show, ice carving
Jan. 26–29, Blowing Rock
877-295-7801
blowingrockwinterfest.com

Mountain Gateway Music Jam
Jan. 29, Old Fort
828-290-2377
mgmnc.org

ONGOING

Festival of Lights
Ice skaters, nativity scene
Through Jan. 5, Blowing Rock
800-243-8652
chetola.com

Informal Porch Jam
Sundays, Old Fort
828-668-9259
mcdowellnc.org

Mountain Music
Fridays through Jan. 20, Marion
828-290-2377
woodysmountainmusic.com

Romeo & Juliet
Jan. 8, 13–15, 20–21, Waynesville
828-456-6322
harttheatre.org

Piedmont

Cinderella
Rodgers & Hammerstein musical
Dec. 30 & Jan. 1, Durham
919-680-2787
dpacnc.com

KwanzaaFest
Dance performances
Jan. 1, Durham
bit.ly/KwanzaaFest

Parents Night Out
Jan. 7, Asheboro
336-625-1976
randolphasheboroymca.com

Twelfth Night
Settlers' history, candlelight tour
Jan. 7, Charlotte
704-568-1774
charlottemuseum.org

Winter Hike
Interpretive stroll
Jan. 11, Fayetteville
910-433-1018
fcpr.us

A Little Night Music
Chamber concert
Jan. 12, Fayetteville
910-433-4690
fayettevillesymphony.org

An Evening with Jaheim
R&B singer
January 14, Fayetteville
910-438-4100
crowncomplexnc.com

Queen Victoria Tea
Monarch's life and times
Jan. 15, Charlotte
704-568-1774
charlottemuseum.org

Rocks and Minerals
Learn about the variety of uses
Jan. 18 Fayetteville
910-433-1575

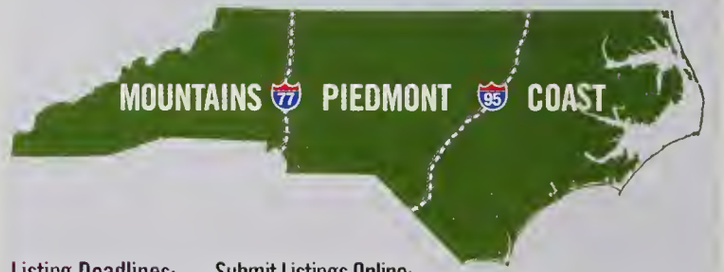
The Beach Boys
Concert
Jan. 20, Fayetteville
910-438-4100
crowncomplexnc.com

Tim Hawkins Comedy Show
Family friendly
Jan. 20, Durham
919-680-2787
dpacnc.com

Alice in Wonderland
Play about surreal adventures
Jan. 20, Greenville
1–800-328-2787
ecu.edu

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



Listing Deadlines:
For March: Jan. 25
For April: Feb. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our February issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

December winner

The December Where is This photo taken by Renee Gannon features a family of five who happens to be metal. The tall family overlooks highway 70 between Burlington and Haw River, just before the Three Governors Bridge. Herman Johnson, owner of Burlington Mechanical Contractors, first erected the 17-foot-2-inch man in 2009, then repainted him and added a family in 2014. One fun feature is the family, like many across North Carolina, has split allegiances between UNC-Chapel Hill, Duke and NC State: one twin wears red, the other, baby blue; the babe favors Duke, while mom wears red and dad sports a blue plaid shirt. The winning entry chosen at random from all the correct submissions came from Michael Becker of Mebane, a Brunswick EMC member.

Meet Thelma Lou
Betty Lynn relates stories
Jan. 20, Mount Airy
336-786-7998
andygriffithmuseum.com

Handel: Water Music
Jan. 26, Fayetteville
910-433-4690
fayettevillesymphony.org

Civil War Quiz Bowl
Jan. 26, Fayetteville
910-486-1330
museumofthecapefear.ncdcr.gov

Lee Brice & Justin Moore
Country music
Jan. 27, Fayetteville
910-438-4100
crowncomplexnc.com

Movie Magic
Production with film songs
Jan. 27–29, Benson
919-894-3825
thebensonarts.com

For the Birds
Oyster roast fundraiser
Jan. 28, Scotland Neck
252-826-3186
shwpark.com

ONGOING

Chinese Lantern Festival
More than 20 festive displays
Through Jan. 15, Cary
919-462-2052
boothamphitheatre.com

Resolutions 2017
Juried competition
Jan. 2–Jan. 22, Hillsborough
919-732-5001
hillsboroughgallery.com

The Little Mermaid
Disney musical
Jan. 19–Feb. 12 (dates vary)
Fayetteville
910-323-4234
cfrt.org

August: Osage County
Dramady
Jan. 27–Feb. 12, Fayetteville
910-678-7186
gilberttheater.com

Coast

S&D gun and Knife Show
Jan. 7–8, Greenville
252-321-7671
ncgunshows.com

African-American Music Series
Vaughn Ambrose, Mitch Butler perform
Jan. 13, Greenville
252-551-6947
pittcountyarts.org

Iron Horse
Bluegrass band
Jan. 14, Oriental
252-617-2125
pamlicomusic.org

Outer Banks Wedding Expo
Jan. 14–15, Kill Devil Hills
252-449-9333
obxwa.com

Fort Fisher Battle Anniversary
Infantry re-enactors, period music
Jan. 15, Kure Beach
910-458-5538
friendsoffortfisher.com

Red Clay Ramblers Concert
Jan. 21, Morehead City
252-728-1500
coresound.com

Kubecca
County, jazz, show tunes
Jan. 24, Washington
242-946-6738
gobcca.org

UMO Concert Series
Lopez, Tabor Duo
Jan. 26, Mount Olive
wgross@umo.edu
umo.edu

Carolina Outdoor Expo
Jan. 27–Jan. 29, Greenville
252-321-7671
carolinaoutdoorexpo.com

ONGOING

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Puzzle Master Charles Joyner Says "Adieu"

By Renee Gannon

After more than 20 years of providing head-scratching puns, math and word puzzles, as well as satirical takes on well-known quotes, Charles Joyner, creator of Carolina Country's Joyner's Corner puzzle page, has called it a "period of 24 hours as a unit of time" (answer: day).

Carolina Country began publishing Joyner's North Carolina-based brain teasers in February 1994. "The puzzles first came handwritten via U.S. mail, before Charlie switched to sending even more through email," said Michael E.C. Gery, retired editor for Carolina Country. "I tried to solve that first one and failed. It featured a word game listing 10 'expressions' and instructing us to rearrange the letters in each to spell out names of North Carolina towns. Try 'SWING NO HAT.' If you guessed Washington, your mind is sharper than mine was then and now."

The math puzzles proved just as tough for magazine staff as well as readers, but the puzzle page proved a hit. Thus began a relationship between Carolina Country readers and a true puzzle master.

"As his fans know well by now, his brainteasers can boggle, tickle and tangle your mind," added Gery.

Joyner was born in Wilson in 1927. Joyner graduated from UNC-Chapel Hill with a B.A. in English. He worked as a reporter for the Associated Press after graduation, and married his college sweetheart, Karyn Mereness Joyner, in 1951. After working at several newspapers, he started his own magazine, The Sandpiper, as well as a weekly camping publication, The Camptown Crier, both for the Myrtle Beach area. He began creating puzzles, cartoons and puns as filler for those publications. After retiring in 1983, the couple moved to Hendersonville, N.C., where both became involved in numerous community endeavors. In 2009, they moved to Hillsborough to be closer to their children and granddaughter.

Now at the age of 89, Joyner continues to create his puns, poetry, math and word puzzles, but said it is time to retire from baffling readers across the state. According to Joyner, his biggest challenge throughout the years has been keeping up with his creations. He would think of things and not have any paper, or jot down ideas on napkins or whatever was handy. But those ideas soon made it into the puzzle page, which has been a highlight of his career.

"Having an outlet for his creativity, to share his puzzles and puns means the world to him," said his daughter, Ann Moss Joyner. "The reader feedback has definitely been better than receiving my mom's eye rolls from his many puns!"

Any reader wishing to send Joyner a farewell message may do so by email editor@carolinacountry.com (with the subject line "Farewell Joyner") or send to:

Charles Joyner
c/o Carolina Country
PO Box 27306
Raleigh, NC 27611-7306

UNSCRAMBL*T

Joyner had a knack for puzzles that taught the obscure history of North Carolina:

_ _ _ _ _ _ _ _ _ _, a town about 10 miles south of
o d s l e v s l e
Greenville, was named with a hatchet.

The story goes that the question of what to name the community came up when carpenters were roofing the Free Will Baptist Church (around 1831). One of the men threw his hatchet and it landed in an oak. "Why not name it for these trees that grow around here," he said. And they agreed that was as good a name as any.

Use the capital letters in the code key below to fill in the blanks above.

A B C J K L means
s o l v e d

For answer, please see page 33

Second thought on a first line...

Joyner's favorite turn of a phrase

Paper Source
"I think that I shall never see
a poem lovely as a tree..."
The poet wrote, and having writ,
they felled a tree and printed it.
cgj

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By Pat Keegan and Amy Wheeless

Remodeling the Heart of Your Home

Tips for an efficient kitchen remodel

Undertaking a remodeling project in any part of your home gives you the chance to make a space work better for your needs—including reducing your energy use. For many households, the kitchen is the heart of the home—meaning it is used the most—so incorporating energy efficiency measures here can have a real impact on your energy bills.

Before starting a remodel, consider having a home energy audit completed by a certified professional. This energy assessment can help you identify major efficiency issues in your kitchen that you can address as you remodel. The audit can also identify other large efficiency investments your home may need that could make sense to invest in at the same time. For example, upgrading your heating and cooling system and ductwork during the same time as your kitchen remodel could be more cost-efficient than completing two separate projects.

Below are some additional tips and thoughts to consider while you go through your kitchen remodel:

Layout and design

Bigger isn't always better—enlarging the footprint of your kitchen will likely mean higher heating and cooling bills. Consider whether a more efficient layout in your kitchen could prevent a need for expansion.

The design phase of your project is also when you will decide on placement of your major appliances and kitchen features. There may be opportunities to shorten plumbing runs to make hot water delivery to your sink and dishwasher more efficient and to add plumbing insulation to reduce heat loss. Also think about heat sources in your kitchen and how they will affect your refrigerator—placing your refrigerator in a very sunny spot or next to your oven will make this appliance work harder and use more energy.

Appliances

If you are replacing any kitchen appliances, look for Energy Star®-certified refrigerators, dishwashers and freezers to help save energy. In particular, refrigerators that are Energy Star-certified will use about 10 percent less energy than standard models—and up to 40 percent less energy than a refrigerator from 2001. Once it is replaced, rather than moving your old refrigerator into the garage where it could use even more energy, ask your electric co-op how you can recycle it.

Lighting

Many remodeled kitchens incorporate lots of windows to ensure a bright, naturally-lit kitchen. Using natural light can make your kitchen feel more open and reduce reliance on overhead lights, but beware of overheating the room in the summer.

Natural lighting, combined with overhead and task lighting, can make a kitchen functional and energy efficient.

In addition to overall lighting, a kitchen needs bright task lighting. Installing individual task lights on separate switches can help minimize the energy you use for lighting. Throughout your kitchen, install Energy Star light fixtures and bulbs, which are certified for energy savings, high quality and performance.

Ventilation

Increasingly, homeowners are installing professional-looking hoods above stoves in their remodeled kitchens. Be sure to pick a high-efficiency model sized for your needs and install it so that it vents directly to the outside. Remember that running a hood exhaust fan more frequently than needed can make your heating and cooling system work harder, as conditioned air is pulled outside.

Overall comfort

The kitchen is often a family's gathering place, so installing zonal heat in this space could make sense—you could turn up the thermostat for the kitchen without warming the entire home.

Other ways to ensure that the kitchen is a comfortable room for your family are to address any building envelope issues noted in your energy audit: for example, increase wall and attic insulation, address duct and air sealing needs, invest in efficient windows and install window coverings that help block hot summer sun and blustery winter wind.

This column was co-written by Pat Keegan and Amy Wheeless of Collaborative Efficiency. For more ideas on energy efficient kitchen remodeling, please visit: collaborativeefficiency.com/energytips.

Plain Old Baking Soda a Drugstore in a Box

by James Victor

Medical science recognizes the medicinal value of baking soda. For example, it is used in kidney dialysis to reduce levels of acids in the bloodstream. But there are hundreds of everyday uses for baking soda you've never heard of. They're all in an amazing book, now available to the general public, by noted author, Emily Thacker.

Discover over 600 remedies using baking soda with other ordinary household items like: vinegar, lemon, toothpaste, sugar, salt and more. A little baking soda with a pinch of this and a dash of that can:

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An Ounce of Cayenne Pepper is Worth a Pound of Cure

by James Victor

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A new book called *Cayenne Cures* is now available that tells you exactly how to use cayenne pepper to take advantage of it's remarkable healing powers.

Besides stopping a heart attack instantly, cayenne has been proven to **cleanse clogged arteries, lower blood pressure, reduce cholesterol, normalize blood sugar levels, reduce triglycerides and dissolve the fibrin which causes the formation of blood clots.**

Doctors have verified that cayenne feeds your heart and has a profound energizing effect on your entire circulatory system. Cayenne quickly starts moving blood and equalizing blood pressure. It regulates the flow of blood from the head to the feet and influences the heart immediately.

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Contrary to popular opinion, cayenne does not burn the lining of your stomach. Instead, it has been shown to actually heal stomach ulcers and rebuild damaged tissue. It can also:

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Hydrogen Peroxide Can Heal WHAT?

by James Victor

Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli and the swine flu virus. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraine headaches.**

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- **Relieve arthritis, rheumatism & fibromyalgia**
- **Treat athlete's foot, foot and nail fungus**
- **Clear up allergies and sinus problems**
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The Magic of Hydrogen Peroxide also shows you how to make money saving household cleaners that:

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By Hannah McKenzie

Empty House Savings

Q: It feels silly to pay for energy when I'm on vacation. Are there ways to keep my energy use as low as possible when I'm away from home?

A: Leaving home for vacation always entails a lengthy list: Who will pick up the mail? Did the trash get taken out? Are the dirty dishes and food put away? Adding a few more items to the list may feel like a burden, but can offer energy savings.

Thermostat

When departing, set your thermostat to the low 80s in the summer and low 60s in the winter. Programmable thermostats with 5- or 7-day settings allow you to program the HVAC system to gradually and affordably reach your preferred temperature before you return home. Smart thermostats that are controlled by an app can be pre-set or adjusted when you head home. A low-tech solution is having a neighbor adjust the thermostat a day before your return. Most HVAC systems are not designed to handle extreme temperature adjustments, so it may take 12 to 24 hours for the home to cost-effectively return to your preferred temperature. Also, the emergency heat on a heat pump should not be utilized to reheat your home because the electric heat strips will use far more energy than you saved by turning the heat down.

Windows

Ensure windows and exterior doors are latched. I often find children's bedroom and kitchen windows unlatched. You may have closed the window after the burnt bacon smoke dissipated, but forgot to fasten the latch. Surprisingly, a lot of energy can be lost just from windows not being securely closed. Some people find that leaving blinds or drapes closed while on summer vacation keeps the interior temperatures more moderate and lowers energy bills as well.

Lights and fans

Turn off lights and fans. If you plan to leave a few interior lights turned on to deter intruders, use timer plugs and be sure to use CFL or LED bulbs. CFLs and LEDs use at least 75 percent less energy than incandescent bulbs and produce less heat.

Water heater

Tank water heaters can account for up to a quarter of a home's energy use. Most of that energy is spent keeping the water in the tank hot rather than being used around the house. While on vacation, electric water heaters can be turned off at the circuit breaker panel. Gas water heaters can be turned to vacation mode or a lower temperature, but mark your current setting first. Consult the water heater manual when making temperature adjustments to ensure your safety. It will take several hours before hot water is available after returning the water heater to its usual setting. Controlling your water heater with a phone app is also possible if a smart controller is installed.

Electronics

Any electronic that is turned off, but still has a glowing light or digital clock is consuming energy. Consider disconnecting electronics from their power source so they are not able to draw energy while you are away. Priority should be given to DVRs, game consoles and any other electronic that is not Energy Star® certified.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

ADVERTISEMENT

Drug Companies Nervous as Doctors and Patients Demand the *Aloe*Cure

Big Pharma execs stand to lose billions as doctors and their patients abandon drugs like Nexium® and Prilosec®. Drug free remedy could put Big Pharma out of the digestion business.

By David Waxman
Seattle Washington:

Drug companies are understandably upset since the Aloe*Cure® delivers quicker and better health benefits.*

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"! And others call it "a miracle!"

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

Top Doc Warns: Digestion Drugs Can Cripple You!

Company spokesperson, Dr. Liza Leal, a leading integrative health specialist out of Texas recommends Aloecure before she decides to prescribe any digestion drug. Especially after the FDA's stem warning about long-term use of drugs classified as proton pump inhibitors like Prilosec®, Nexium®, and Prevacid®. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown in special Asian soil under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits? ...

Helps Calm Down Painful Inflammation

According to a leading aloe research scientist, the amazing Aloe plant has a powerful antiinflammatory effect. Aloe Vera calms the fire in your belly like it does the sunburn on your skin and in many ways helps heal damaged cells. Inflammation is your body's first reaction to damage. So whether it's damage that is physical, bacterial, chemical or auto-immune, the natural plant helps soothe inflammation - rapidly reducing redness, heat and swelling.

Rapid Acid and Heartburn Fix

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

Side-Step Heart Concerns

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015, a major study shows that chronic PPI use increases the risk of heart attack in general population.

Debilitating brain disorders are on the rise. New studies show PPI's are linked to an increased risk of dementia. Cutting edge research shows that the health of your brain is closely linked by the state of healthy bacteria that comes from your gut. The things happening in your belly today might be deciding your risk for any number of brain conditions. Studies have been ongoing since the 1990's. New studies suggest that taking PPI's at both low and high dosage also disrupts a healthy human gut!

Sleep Like A Baby

A night without sleep really damages your body and continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. I sometimes call it "Ghost Reflux". A low intensity form of acid discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

Celebrity Hair, Skin & Nails

One of the Best-Kept Secrets in Hollywood. Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair ... more youthful looking skin ... And nails so strong they may never break again.

Save Your Kidney

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balances body fluids, forms urine, and aids in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest if you started taking aloe today you'd see a big difference in the way you feel.

Special Opportunity For Readers of this Magazine

With this introductory offer the makers of the AloeCure are excited to offer you a *risk-free supply.* Readers of this magazine are pre-qualified for up to 3 FREE months of product with their order. Take advantage of this special opportunity to try AloeCure in your own home and find out how to test AloeCure for a full 90 days. But that's not all... If you don't see remarkable changes in your digestion, your body, and your overall health ... Simply return it for a full refund less shipping and handling (when applicable).

Just call **1-800-443-6858** to take advantage of this risk free offer before it's too late. This offer is limited, call now.

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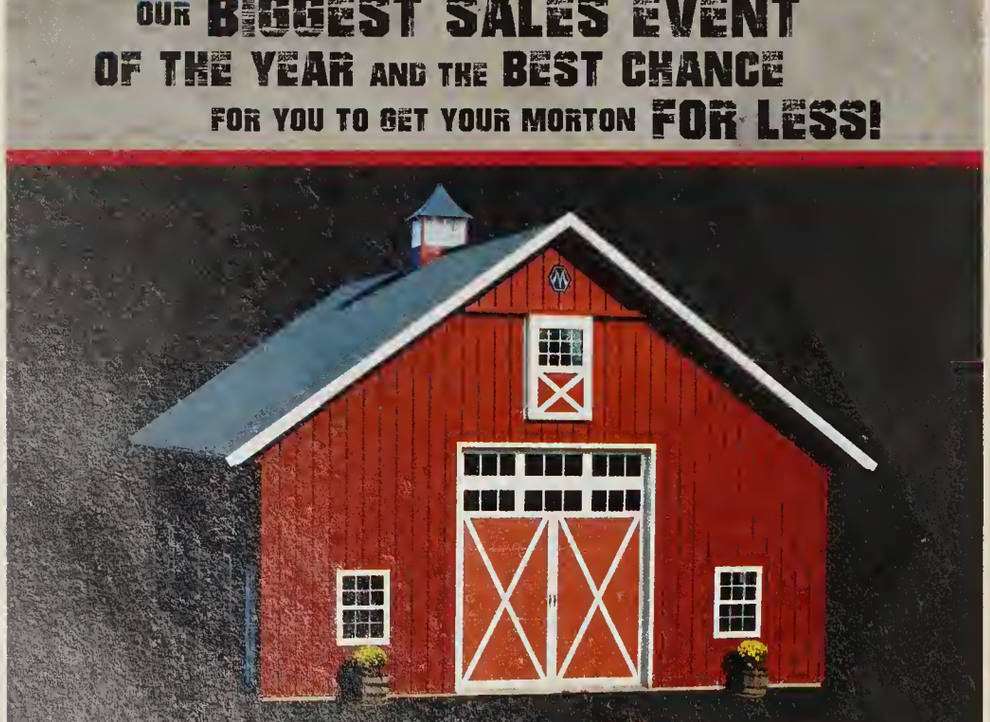

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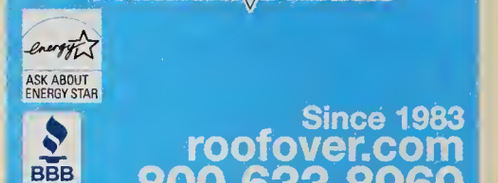

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Broccoli Scalloped Potatoes

- ¼ cup butter, cubed
- 2 tablespoons chopped onion
- 4 garlic cloves, minced
- 5 tablespoons all-purpose flour
- ¼ teaspoon white pepper
- ⅛ teaspoon salt
- 2½ cups whole milk
- 2 cups (8 ounces) shredded Swiss cheese, divided
- 2 pounds potatoes, peeled and thinly sliced (about 4 cups)
- 2 cups julienned fully cooked ham
- 2 cups frozen broccoli florets, thawed and patted dry

Preheat oven to 350 degrees.

In a Dutch oven, heat butter over medium-high heat. Add onion and garlic; cook and stir 2–3 minutes or until tender. Stir in flour, white pepper and salt until blended; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened.

Stir in 1 cup cheese. Reduce heat; cook 1–2 minutes or until cheese is melted (sauce will be thick). Remove from heat.

Add potatoes, ham and broccoli to sauce; stir gently to coat. Transfer to eight greased 8-ounce ramekins.

Bake uncovered, 40 minutes. Sprinkle with remaining cheese. Bake, uncovered, 20–25 minutes longer or until potatoes are tender and cheese is melted.

Yield: 8 servings

Slow Cooker Beef Vegetable Stew

- 1½ pounds beef chuck roast, cut into 1-inch cubes
- 3 medium potatoes, peeled and cubed
- 3 cups hot water
- 1½ cups fresh baby carrots
- 1 can (10¾ ounces) condensed tomato soup, undiluted
- 1 medium onion, chopped
- 1 celery rib, chopped
- 2 tablespoons Worcestershire sauce
- 1 tablespoon browning sauce, optional
- 2 teaspoons beef bouillon granules
- 1 garlic clove, minced
- 1 teaspoon sugar
- ¾ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup cornstarch
- ¾ cup cold water
- 2 cups frozen peas, thawed

Place the roast, potatoes, hot water, carrots, tomato soup, onion, celery, Worcestershire sauce, browning sauce (if desired), bouillon granules, garlic, sugar, salt and pepper in a 5–6-quart slow cooker. Cover and cook on low for 6–8 hours or until meat is tender.

Combine cornstarch and cold water in a small bowl until smooth; gradually stir into stew. Stir in peas. Cover and cook on high for 30 minutes or until thickened.

Yield: 8 servings

From Your Kitchen

Brian's Taco Chili

- 1 tablespoon olive oil
- 1 pound ground turkey
- 2 tablespoons dry onion
- Fresh garlic to taste
- 1 (15 ounce) can chili beans
- 1 (15 ounce) can black beans (drained and rinsed)
- 1 (14.5 ounce) can petite diced tomatoes with chilis (drained and rinsed)
- 1 (14.5 ounce) can petite diced tomatoes plain (drained and rinsed)
- 1 cup frozen corn or canned (rinsed)
- 1 package of dry ranch seasoning
- ⅓ package of dry taco seasoning
- ½ package of dry chili seasoning

Heat olive oil and brown turkey in large soup pot. Drain most of the grease — keep a little for flavor. Add onion and garlic to turkey and heat in pan. Add all other ingredients and mix gently. Cook for at least 30 minutes on low (up to 2 hours for best flavor, stirring every 30 minutes).

Serve with shredded cheddar and sour cream if desired.

Recipe courtesy of Brian and Jennifer Armstrong, Edenton, members of Albemarle EMC

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Chocolatey S'mores Bars

- ¼ cup butter, cubed
- 1 package (10 ounces) large marshmallows
- 1 package (12 ounces) Golden Grahams
- ⅓ cup milk chocolate chips, melted

In a large saucepan, melt butter over low heat. Add marshmallows; cook and stir until blended. Remove from heat. Stir in grahams until coated.

Using a buttered spatula, press evenly into a greased 13-by-9-inch pan. Drizzle with melted chocolate chips. Allow to cool completely in the pan. Cut into bars. Store in an airtight container.

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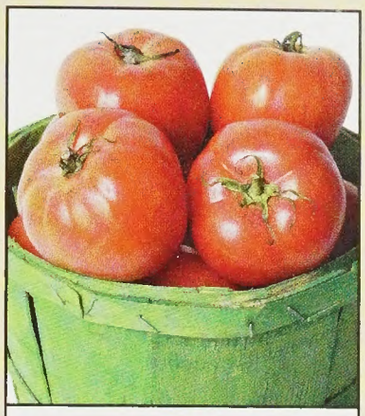

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(By Frank K. Wood)

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